

Marlborough Seniors *on the* Go

Supported by the Executive Office of Elder Affairs

Vol. 6 Issue 10 May 2013



Mayor's Corner

Like so many communities, the City of Marlborough was well represented in this year's Boston Marathon. Many were working or running to support a charitable cause or organization that is near and dear to their hearts and that of their families.

In the midst of this great event that, in so many ways, embodies the true strength of the human spirit, lurked an unspeakable evil that took the lives of

four people and forever changed the lives of so many others.

As I write this, we are just one week removed from the horrific events that occurred in Boston and beyond. And we are only days removed from the dizzying chaos and confusion that captured our attention.

Perhaps you, like me, have taken great solace in the way our community, our state, our country and even the world has come together with an overpowering demonstration of compassion and inner strength that has made this burden just a little bit easier to bear.

We are grateful for the swift actions and courage of all our police officers, emergency responders, and volunteers this past week. Locally, I am proud to recognize two members of our Police Department, Ken McKenzie and Robert Bonina, who assisted the Watertown and Boston Police Departments through their participation in the Central Eastern Massachusetts Law Enforcement Council (CEMLAC). We also had a number of our residents in the Region 4A Medical Reserve Corps that were part of the 151 volunteers from our region who supported emergency response efforts in the bombing's aftermath.

It is in the face of shocking disaster and chaos where I think that is where the human condition truly reveals itself. While tragedy and loss is something that we will always confront in our lives one way or another, how we deal with and overcome its impact is a choice we will always have. Thankfully, the people of Boston, Cambridge, Watertown and throughout the Commonwealth chose to pick each other up, endure and refused to allow spirits to be broken.

Our lasting gratitude is owed to our Police Officers, Troopers, emergency responders, and federal agents who protect us so courageously on a daily basis. The prayers of hope, healing, and remembrance from the entire Marlborough community go out to all the victims and their families affected by the events of the past week.

Sincerely,

"We gain strength, and courage, and confidence by each experience in which we really stop to look fear in the face... we must do that which we think we cannot."

~ Eleanor Roosevelt



**Men's Group Visit
Natick Labs
A great opportunity
for learning.**

**Wednesday, May 15th at
10:15 am**

Our Men's Group has been invited to Natick Labs for a luncheon on May 15th. This will be an opportunity to have lunch with some of the soldiers, researchers, officers and colonel, followed by a Question and Answers Session.

We have only **15 seats** available for this special trip, so, please sign up quickly.

RSVP to the Senior Center 508-485-6492

Marlborough Council on Aging Mission Statement

"It is the mission of the Council on Aging & Senior Center to promote healthy, successful aging and to enhance the quality of life for Marlborough's senior citizens 60 years of age or older. To that end, we strive to provide comprehensive services and programs for older adults and their families."

News from the Friends of the Marlborough Seniors

Picnic at Jericho Hill celebrating YOU!

Friday, May 31st at 12:00. Rain or Shine

In recognition of **Older Americans Month** we are going to celebrate this year's theme,

“Unleashing the Power of Age”

This is a time to appreciate and celebrate your vitality and all that you have graciously contributed to our community and our country.

There will be grilled hamburgers and chicken sandwiches for all to eat. We will also have several selections of salad, which will include: Macaroni, Tossed and/or Potato Salad, Beverages and Desserts galore.

There will also be a few surprises, and prize opportunities. Join us for great fun and friends.

A special thanks to our picnic sponsors:

- Baypath Elder Services, Inc.
- Marlborough Hills
- Marlborough Hospital
- Kindred
- Price Choppers
- Peoples Bank
- Hannaford's

Please RSVP to 508-485-6492



Thank you!!!



***Our 5th Pasta dinner
is now over and was a delicious success!***

Thank goodness Sunday is a day of rest because I am sure there are a lot of tired people around here today. I know there are in my house. I was happy to see so many of the board members show up to help. Thanks to all of you who took the time to come help, it made the work so much easier. Thanks to the people that show up every year to sell tickets, serve meatballs, salad, breadsticks, and cake. Thanks to the people that helped set up tables, and clean up and take the tables back down. And a huge THANK YOU to everyone who bought a ticket and came to enjoy a great meal cooked by my wonderful family. I am sure there will be another dinner next April but let us get a day of rest before asking about it. Thanks to my grandkids for spending a day working with us, thanks Charlie and Marissa. Without all of this help we could not do what we do, we love all of you and thank you from the bottom of our hearts. ~ Judy Jewett

Pasta dinner	_____	\$459.00
Chocolate sales	_____	<u>\$327.00</u>
Total made for the Friends of the Marlboro Seniors	_____	\$786.00

Money Matters and Financial Trivia (did I say prize opportunities)

Tuesday, May 21st at 2:00

Come learn and have fun at the same time with People's United Bank in their presentation on "Money Matters and fun financial trivia." During this presentation you will learn how to prepare a personal spending plan, ways to decrease spending, possible ways to increase income, prioritize and achieve financial goals and ask questions.

**Payday and \$100,000 Bar candy bars
available at registration-508-485-6492**

From the Director

I must say what a nice **37th Mayor's Senior of the Year Dinner** and what a pleasure to see **Fran Brescia** announced as the 2013 Senior of the Year. It truly was a nice way to honor such a humble, compassionate, generous and driven woman of this community. This night was enjoyed by more than 270 seniors who had the opportunity to hear the **Whitcomb Jazz Band** perform their ensemble **Music Through the Ages** which received high accolades under the direction of **Simon Harding**, Instrumental Education grades 5-8. After enjoying the wonderful jazz music everyone had a great dinner cooked by **Roland Van Kavelaar**, Food Director for Marlborough Public Schools and his experienced staff. We also were fortunate to have **Tommy Rull**, Singer and Entertainer who provided his much loved singing by our seniors thanks to a **Marlborough Cultural Council Grant**.

I would like to thank the following for making this event possible: **Mayor Arthur Vigeant, Trish Bernard and Mike Berry, Anne Marie Kelley**, owner of **Classic Events** who decorated the tables and room so springy and cheerful. We loved the big flower balloons, dragonflies and butterflies. It is always fun to see the room transformation. Speaking of decorations, I would like to thank the volunteers who helped with set-up, clean-up and other ways and they were as follows: **Peggy Cahill, John Ghiloni, Rita Connors, Janice McCracken, Dick Mahoney, Jan Pulsifer, Josie White, Leslie Biggar, Lisa Martino**, and her daughter, **Jordan, Barbara McGuire, Debbie Beausoleil, Joe Tunnera, and Joan Gregoire**.

Another favorite feature of this Senior Dinner affair is having our City Councilors volunteer to serve the meals. This year was no different with the help of our City Councilors which included Councilors **Pope, Tunnera, Clancy, Landers, Robey, Oram**. Just like the help of our many volunteers, this night would not have been possible without this year's sponsors which were **Avidia Bank, Christopher Heights, Eldercare Resource Services, Fitzgerald and Collins Funeral Home, Friends of Marlborough Seniors, Kindred Transitional Care and Rehabilitation, the Law Offices of Tracey Ingle, Minuteman Press, The Rowe Boats, Slattery Funeral Home, Sovereign Bank, Universal Window and Door, Whitney Place assisted Living and Wingate Healthcare**. This year we were honored to have **Danielle Gregoire, Representative of the House**, read a citation to **Fran Brescia**, Senior of the year as well as **State Senator Jamie Eldridge** who thanked Ms. Brescia for her wonderful service to the Marlborough Community. What a fun and memorable evening.

Please be sure to read your newsletter in its entirety because there are a lot of great events and opportunities to partake in so don't miss out.

Also, our COA staff has divided up in pairs for a little friendly competition in organizing two special events which include a Ladies Mother's Day Luncheon and a picnic honoring Older Adult Appreciation month. Following the events, we will have two jars in the lobby labeled Mother's Day and Picnic and the jar with the most money will qualify our winning COA staff to bragging rights as the best party planners and money to support the programs and services of your center. So be sure to join in the fun!

Jennifer 

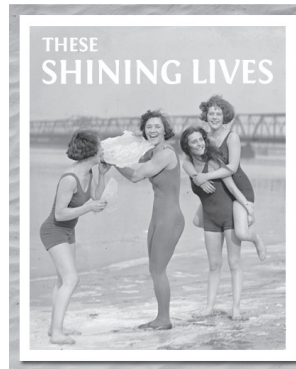
2013 Volunteer Appreciation Luncheon

The volunteers of The Marlborough Senior Center were honored at the 2013 Volunteer Appreciation Luncheon held at the Wayside Inn in Sudbury on Thursday, April 25th. Everyone enjoyed the meal which consisted of Salmon and Old fashion Chicken Pie. Each volunteer received a keychain engraved with the words "Star Volunteer." Chairman of the Board Jim Confrey received the Volunteer of the Year Award for his tireless efforts on behalf of the Senior Center. Mayor Vigeant and Councilor Robey distributed flowers to the volunteers. We want to thank all of the volunteers for their hard work and dedication to the Marlborough Senior Center. Last but not least, a special thank-you to the FISH program for providing transportation to this event.

These Shining Lives

Wednesday, June 12 - Stoneham Theatre
10:30 am \$41.00 per person

A spellbinding story based on real facts! In the 1920's



young ladies were hired to paint the numbers on watch faces at the Radium Dial Watch Company. Many became ill from the paint. This is the story of four very courageous ladies who stood up to the employers who endangered their lives.

There will be a lunch stop before the theater (paid on your own).

We are doing this trip with the Sudbury Senior Center and we have 14 seats available. So, call quickly to reserve your seats! **RSVP to the Senior Center at 508-485-6492**

Greetings from the Board of the Friends of Marlborough Seniors,



We are hard at work planning fun events for our fundraising efforts. We welcome you to join us and volunteer to assist us in planning. If you are interested, please contact me and I can connect you with our sub-committees. We want to thank the Jewett family again for their incredible efforts on another successful Pasta Dinner. Our future events include the following: Meet & Greet the Board members to be held in June (more information to follow), Summer Cook-out, Health Fair, and Hoe Down.

Please join us in our efforts to make this year a success. Thank you.

Sincerely,

Tammy

Tammy Pozerycki, President
Board of Friends of Marlborough Seniors



MOVIE TIME with Peg Bouvier

**Every Tuesday at 1:00 PM is
Movie Day at the Senior Center**

Popcorn & refreshments are served and you don't have to stand in line. Where else can you find a good movie and be served those favorite movie snacks?

**This month's movie selections include
the following:**

May 7th	The Band Wagon
May 14th	Argo
May 21st	Salmon Fishing in the Yemen
May 28th	Arbitrage

Bowling Trip!

Sponsored by:

Fitzgerald & Collins Funeral Home



Where: Sawyers' in Northborough

When: Tuesday, May 21st at 11:00 a.m.

Teams will be organized once we get a final count of who has time to "spare" to have another great time together for only \$3.00.

After 2 strings of bowling, we will meet at Mama's Pizzeria next door to the bowling alley for pizza and a beverage.

Maximum bowlers for this very popular time are 12,
so please drop by the Senior Center front desk
to sign up.

BOOK CLUB

Come join Sheila Brecken and others who enjoy reading and discussing a good book.



**The Book Club meets at Academy Knoll on the
3rd Tuesday of the month at 1:00PM.**

For May 21st

Bloody Jack

by L.A. Meyer

If you want to get ahead on your reading, the book for June 18th will be Looking for Salvation at the Dairy Queen: A Novel, by Susan Gregg Gilmore. For July we will be reading The Woods, by Harlan Coben, and for August we will read, The Gilly Sisters: A Novel, by Tiffany Baker.

Please feel free to join this
fun group of book lovers.

For more information call: 508-485-5580

There will be a

FRIENDLY VISITORS MEETING

WEDNESDAY, MAY 8th AT 9:00 A.M.

AT THE COFFEE LOFT

406 Lincoln Street, Marlborough



Computer Club

All welcome!

**Friday, May 3rd, 10th, 17th, 24th & 31st
at 1:00 PM**

**At the Marlborough Senior Center
250 Main Street, Marlborough**



OUTREACH DEPARTMENT NEWS

**** Ana Cristina Oliveira ****

Blue cross Blue Shield Presents PLANNING FOR MEDICARE - COUNTDOWN TO 65



Tuesday, May 21st at 6:00 PM at the Senior Center

Planning for Medicare - Countdown to 65 is a comprehensive seminar that helps people approaching Medicare eligibility understand their health insurance options outside of employer sponsored coverage, whether they are planning to retire or continuing to work.

Many employees need help understanding the coverage options available to them when they approach Medicare eligibility. This is especially true for employees who plan to retire and are leaving employer-sponsored coverage. For these employees retirement may be the first time that they do not have a Human Resources representative coordinating, explaining and negotiating a rate for their health plan premium. The 'Planning for Medicare - Countdown to 65' seminar allows attendees to gain the confidence they need to make an informed decision about their individual health coverage options.

What will planning for Medicare - Countdown for 65 cover? Planning for Medicare is a presentation and discussion led by a Blue Cross Blue Shield of Massachusetts representative. The topics will include:

- An explanation of Medicare Parts A and B
- Medicare enrollment timeline
- Medigap enrollment timeline
- Medicare plans that help to supplement Medicare coverage
- Medicare Advantage plans, such as HMO's and PPOs
- Medicare Part D prescription drug plans
- Plans and programs available to early retirees, such as COBRA

Please call the Senior Center and reserve your seat: 508-485-6492

NEED HELP WITH PRESCRIPTION DRUG COSTS? Prescription Advantage maybe your answer!

Prescription Advantage is a state-run program which helps many seniors pay for their prescription drugs. Eligibility is based in *income only* and there is *no asset limit*!

Who can join?

If you are a **Massachusetts resident, eligible for Medicare**, and are:

65 years or older with an annual income at or less than \$57,450 for a single person or \$77,550 for a married couple OR under age 65 years and disabled with an annual income at or less than \$21,601 for a single person or \$29,159 for a married couple.

If you are 65 years or older and not eligible for Medicare, you can also join and there is ***no income limit***.

There is **no charge** for joining Prescription Advantage, if you have an annual income at or less than \$34,470 for a single person and \$46,530 for a married couple. There is a \$200 per person annual enrollment fee for those with higher incomes.

Call Prescription Advantage today to enroll on the phone or to ask for an application form. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say 2.

Also, help is available from the **SHINE program**. Call the senior center and ask for a SHINE appointment:
508-485-6492, x14

REACHING OUT

**** SUSAN MAKI ****

Physical Activity for Older Adults

Getting regular physical activity as an older adult is one of the most important things you can do for your health. Even if you have never been active before, it's never too late to start moving more. Being active can help prevent many health problems that often come with age: heart problems, high blood pressure, depression, and even joint swelling and pain. Physical activity also helps you build stronger muscles so you can keep up with your day-to-day activities.

Aerobic activity or "cardio" gets you breathing harder and your heart beating faster. From pushing a lawn mower, to taking a dance class, to biking to the store- all types of activities count as long as you're doing them at a moderate or vigorous intensity for at least 10 minutes at a time. Even something as simple as walking is a great way to get the aerobic activity you need, as long as it's at a moderately intense pace.

Everyone's fitness level is different. This means that walking may feel like a moderately intense activity to you, but for others, it may feel vigorous. It all depends on you- the shape you're in, what you feel comfortable doing, and your health condition. What's important is that you do physical activities that are right for you and your abilities.

Not doing any physical activity can be bad for you, no matter your age or health condition. Keep in mind, some physical activity is better than none at all. Your health benefits will also increase the more physical activity that you do.



The Walking Wonders

Come join the "Walking Wonders" for a trek around Ghiloni Park.

We will meet at Ghiloni Park in the parking lot by the playground.

Walking days are Mondays and Wednesdays at 8:30 am starting on May 13th.

If you need a ride, we will meet in the lobby of the Senior Center at 8:15 am.

Please call the Senior Center at **508-485-6492** if you would like to join us for some fresh air and exercise.



Ladies Luncheon in Celebration of Mothers

**Join us Friday, May 10th at 11:30
At the Epicurean Room for a
Celebration of Mothers
Tickets are \$7.00**

Enjoy a delicious meal of your choice of
Herb Roasted Chicken or London Broil with
Mushroom Demi Glaze
Whipped Butternut Squash
Oven Roasted Potatoes
Salad and Rolls
Dessert

Please join us for a relaxing and fun filled lunch!

RSVP to the Senior Center 508-485-6492



Former Stevens Field Players!!!!

Tighe Dorcey, a Marlborough High School student, is making a short documentary about
Stevens Field
for the Marlborough Historical Society.

He is looking for your memories of playing on the field. If you would like to share such memories and anecdotes please call:



**508-251-0260
to set up an appointment!**

“Using Humor To Heal”

Monday, May 13th at 1:00

We would like to invite you to a presentation that looks at using and finding humor in healing when one receives a difficult medical test result, experiences the moving of a dear friend, the loss of a loved one or overwhelming worry when facing the changes and the unknown. So, come join some friendly faces as we explore humor in our own struggles in life. Please bring something that makes you laugh, or perhaps a story if you don't mind sharing and helping someone else add a little humor in their time of need.

Affinity Hospice will sponsor this program at the Senior Center.

Come early and join us at 12:30 for the Blue Plate Special Lunch (only \$4.75), bring a bag lunch or simply come for the program.

**Please RSVP at the Senior Center
508-485-6492.**



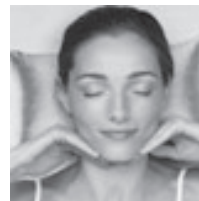
FACE YOGA IS BACK AGAIN

**Fri., May 17th at 1:30 am in the Big Room
Sign up at the Senior Center 508-485-6492**

Want to tone your face and smooth out wrinkles? We all want our face to look as good as it can and have a glowing look. Facial muscles need to be exercised as they play an important role in molding the contours of the face. We will exercise the facial muscles in a fun way to improve circulation, help smooth or keep those wrinkles to a minimum, tone the entire face and neck and relieve facial tension.

Benefits gained from face yoga include:

- Toned, smooth and glowing skin
- Improved blood circulation to the skin
- Smoother throat and neck muscles
- Toned and firmed cheeks
- Raised eyebrows and eyelids
- Less puffiness under the eyes
- Lines in forehead become smoother





**Chronic Pain
Self-Management Program
Mondays, June 3, 10, 17, 24
and July 1 and 8 at 2:00pm to 4pm.**

The Chronic Pain Self-Management Program (CPSMP) is a program developed by Stanford University to provide people living with a primary or secondary diagnosis of chronic pain such as: fibromyalgia, muscular-skeletal pain, whiplash injuries, post-surgical pain, neuropathic pain, chronic headaches and other chronic pain conditions with helpful information and skills development activities provided in a supportive and highly interactive workshop setting.

Workshop participants spend 2 hours, once a week for six weeks learning skills to overcome barriers to managing their health and to enhance their ability to remain active in their lives including:

1. Techniques to more effectively manage frustration, fatigue, isolation and poor sleep
2. Appropriate exercise for maintaining and improving strength, flexibility and endurance
3. Appropriate use of medications
4. Techniques to enhance communication with family, friends and health professionals
5. Nutrition
6. Pacing activities, rest and relaxation
7. Problem solving and action planning
8. How to evaluate new treatments.

Participants will also receive the CPSMP workbook, the MEP exercise CD and the book, "Living a Healthy Life with Chronic Conditions" while attending the CPSMP workshop. The goal of the CPSMP is to teach people to be active self-managers of their chronic pain condition.

RSVP to 508-485-6492 to reserve your seat!
Donation-\$5.00 for 6 week course

**Crafting with the Marlborough Senior
Center's own Dynamic Duo!**



Time for another creative and fun time with
Lisa and Pam!

Join this fun and creative duo as they show you
how to make a beautiful spring decoration.

All the fun will be at
1:00 - 3:00 PM on Friday, May 24th.

**Please let us know if you would like to join this
crafting time: 508-485-6492**

**Yeah, it's finally here!
Trombetta's 3rd Annual Putt Putt
Golf Tournament**

We know many of you have been waiting for this tournament (or bragging rights) so start practicing your stance and swing and join us at **Trombetta's on Tuesday, May 14th at 2:00.**

We will have contests at various holes and the typical 1st place and 2nd place winners. We will also have a **Men vs. Women contest and whichever four men or women have the lowest score will win a small cup of ice cream for all the men or women golfers.** Everyone else will get a dollar off their ice cream choice.

So, come enjoy some friendly and
FUN competition and ice cream.

If you need transportation
please let us know at registration.

Putt-Putt Golf Tournament entry fee is \$3.00.
RSVP ay 508-485-6492



**Where is that Mosquito,
I am going to get him...**



Wednesday, May 15th at 3:00 P.M.

Protect yourself against West Nile virus and Eastern Equine Encephalitis which are both something with which we are all too familiar during our summer months.

Come hear **Frank Cornine**, a field **biologist** with the Central Mass. Mosquito Control Project, of which Marlborough is a member, talk about mosquito biology, disease facts and personal protection tips.

Let's beat those mosquitoes at their own game, register for a summer mosquito protection basket when you sign up for this important lecture.

RSVP to the Senior Center: 508-485-6492

Health Services

Wellness Clinic

The Senior Center offers a weekly drop-in health clinic. Blood sugar and blood pressure testing are provided. No appointment is necessary. The Clinic is staffed by a registered nurse who will also answer health and medication related questions.

Clinic hours are: **Thursday 9:00 a.m. ~ 11:00 a.m.**

Paraffin Wax Hand Treatments

The Senior Center offers weekly, free paraffin wax hand treatments. No appointment is necessary but service is provided on a first come, first served basis. These treatments are particularly helpful to those who suffer from arthritis. **Monday 1:30 p.m. ~ 2:30 p.m.**

Medical Equipment Loan Program

For seniors in need of a wheelchair, walker, shower chair, commode, transfer bench, cane, etc. the Senior Center can provide the item on loan at no charge, based on availability. **All donations welcome.** Please call the Senior Center at 508- 485-6492 to check on availability or to donate.

Low Vision Gathering

Wednesday, May 15TH

Our faithful leader, Bob Marcotte would like to invite any interested parties to the Low Vision group for individuals who are losing their vision and would like to learn and listen from others' experiences. The group meets at St. Matthias Church, located at 409 Hemenway Street the third Wednesday of the Month at 10:00 AM-12:00PM. If you have any questions feel free to call Bob at 978-634-1314.

Friendly Visitor Program

We are currently looking for volunteers who are interested in visiting elders in the community who are in need of companionship. If you would like to visit an elder one or two hours a week please call Susan Maki at 508-485-6492

Information and Referral

Our Outreach staff provides information about services for the diverse needs of the Seniors in the Marlborough area. Staff often assist family members by facilitating transitions involving information about assisted living and nursing home facilities, financial and/or legal concerns, and providing in-home assessments.

Home Delivered Meals (Meals on Wheels)

Bay Path Elder Services Meals on Wheels program offers the option of a hot midday meal delivered to your door along with a hello. Contact BayPath Elder Nutrition at (508) 573-7200 to set up services.

Meals at the Senior Center

A hot lunch is available at the Senior Center on **Wednesday** at 11:30 am. **Please call and sign up at least 24 hours in advance.** Call the Senior Center at 508-485-6492 for menu selections. **\$3.00 donation is requested.**

FISH Volunteer Program

The FISH Marlborough program is a volunteer service that provides rides to medical appointments for seniors when friends and family are not available. FISH covers the following communities: Villages at Crane Meadows, Marlborough Villages East, those over 65 that reside at Academy Knoll Apartments, Christopher Heights Assisted Living, Marlborough Public Housing, members over 65 of "the Friends of the Marlborough Seniors" and Veterans referred by the Veterans Agent and residents of Marlborough Hills Healthcare Center. To schedule a ride call 508-485-6492 ext. 11 one week in advance and leave your name, phone number and the date of the appointment and you will be contacted.

LifeLine

The LifeLine Medical Alert service has provided senior patients with quick access to help at the push of a button in the event of an emergency. If you are interested in LifeLine please call 1-800-521-5539.



Greeting Cards



Your greeting card donations are greatly appreciated. We are sorry however, that we cannot accept or put out greeting cards that come from specific organizations (for example, Perkins, Alzheimer's Assn., National Wildlife Federation, etc.).

Council on Aging Staff –

Jennifer C. Claro	Executive Director
Ana Cristina Oliveira	Outreach Coordinator
Susan Maki	Social Service Coordinator
Tina Nolin	Office Manager
Sharon Collari	Principal Clerk
Lisa Martino	Bay Path Meals Site Manager

Council on Aging Board of Directors –

Jim Confrey	Chairperson
Sheila Brecken	Vice Chairperson
Brenda Costa	Secretary
Richard D. Collins	
Rita Connors	
Marie Elwood	
Jeanne McGeough	

FISH Volunteer Transportation Program –

Larry Vifquain	Founder
Lynn Anderson	Co-Founder

Friends of Marlborough Senior Officers –

Tammy Pozerycki	President
Angela Rossetti	Vice President
Barbara McGuire	Treasurer
Melissa Esteves	Clerk

Debbie Beausoleil
Peg Bouvier
Sarah Condon
Gretta Holland
Matthew Jones
Joe Tunnera
Lydia Whitcomb

Volunteer Team Leaders –

Peggy Cahill	Bingo
Peggy Cahill	Newsletter
Peg Bouvier	Friends Membership & Movies
Judy Jewett	Craft Show
Dick Mahoney	Computer Lab
Sheila Brecken	Book Club
Judy Jewett	Knit & Crochet
Sheila Brecken	Knit & Crochet
Bob Marcotte	Low Vision
Jeanne McGeough	Water Aerobics



**New
Time**

BLUE PLATE
SPECIALS

In May **Employment Options** will be preparing lunch on the following Mondays at **12:30 PM**

Price for meals: (unless otherwise noted) \$4.75 for one or \$8.00 for you and a friend.

May 6th Chin's Garden for the lunch buffet or you may order off the lunch menu (\$5.00 per person)

May 13th Rotisserie chicken, garlic mashed potatoes and broiled stuffed tomatoes (Employment Options)

May 20th Vegetable Lasagna, bread and salad (Employment Options)

May 27th CLOSED FOR MEMORIAL DAY

**Please purchase your tickets
at the Senior Center Office
by Friday-noon prior to Monday's lunch!**

Second Saturday

Do you need some minor repairs to your home or some extra helping hands around your home or apartment?

“**Second Saturday**” is a resource (originating out of Grace Baptist Church in Hudson) that is available in our community to low-income seniors. This outreach assists in moving or setting up new households, yard work, light repairs and housekeeping. Our volunteers can also assist in transitioning from a home or apartment to an assisted living facility or nursing home. Also, if you have donations of furniture and/or small household items or clothing, we will gladly accept and recycle these items to those experiencing hardship.

**Requests must be received by Saturday, May 4th, 2013.
Second Saturday date for work is May 11th, 2013**

Call Barbara McGuire—508-624-9365: leave your name, phone number, address, and details of the work you are requesting.

You will receive a call back in a few days.

Arthur Bergeron Legal Clinic

BACK TO BASICS:

WILLS, REVOCABLE TRUSTS, POWERS OF
ATTORNEY, HEALTH CARE PROXIES:
DOCUMENTS EVERYONE SHOULD HAVE
AND SOME YOU MAY WANT TO HAVE

Back by popular demand! In this seminar, Attorney Arthur Bergeron will explain these basic estate planning documents that everyone should have. With these documents in place, you can minimize legal issues and expenses for you and your children down the road.

Thursday, May 16th at 12:30 PM

Lunch is provided by:
Mirick O'Connell Law firm



**Join Us For Lunch at Marlborough Hills and
Make Your Own Spring Floral Arrangement!**



**Friday, May 3, 2013
12pm**

121 Northboro Road, Marlborough, MA

**RSVP to 508-485-4040
Call soon - seats are limited!**



"Each happiness of yesterday is a memory of tomorrow."

The "Friends" of the Marlborough Seniors would like to thank the following individuals and recognize generous donations made toward the New Senior Center Building Fund.

In memory of Judith Walsh

Patricia George



In memory of Doris Bernard

Virginia Clouatre

LIVING MEMORIAL

This form allows you to make a donation that will support and enhance the senior services in our Marlborough community. The individual or families you have chosen to honor will be notified of your contribution. Your support is needed and greatly appreciated.

I am enclosing \$_____ Make checks payable to: Friends of Marlborough Seniors

In honor/memory of _____

Send acknowledgement to: Name _____

Address _____

City _____ State _____ Zip Code _____

Donation Name _____ or anonymous _____

From: Address: _____

Friends of Marlborough Seniors, P.O. Box 358, Marlborough, MA 01752

Marlborough Council on Aging & Senior Center
250 Main Street
Marlborough, MA 01752
Telephone (508) 485-6492
FAX (508) 460-3726

Hours are Monday - Friday 8:00 am to 4:00 pm

NONPROFIT ORG.
 U.S. Postage
PAID
 Marlborough, MA
 01752
 Permit No. 0081



Foxwoods Fun!



\$23.00 includes trip, bonus package, consisting of
 \$10.00 buffet and \$10.00 coupon.

Pick up and bus departure is at 7:30 AM in front of the
 Senior Center and we return at
 approximately 4:45 PM

Upcoming dates:

Monday May 6, 2013
 Monday June 10, 2013
 Monday July 8, 2013
 Monday August 12 2013
 Monday September 9 2013

Please call Pauline Ordway at 508-485-4677
 for your reservations and more information.

Also enjoy some BINGO on the bus!

FRIENDS OF THE MARLBOROUGH SENIORS MEMBERSHIP INFORMATION

Yes, I want to be a member of the "Friends of the Marlborough Seniors" for 2013.

Please fill out this form and mail it to the P.O. Box 358 address below:

"Friends of the Marlborough Seniors"

- ☐ New Membership
☐ Renewal Membership
☐ I would like a bar code card for tracking
 my class and volunteer participation

_____ Individual (\$7.00)

_____ Couple (\$14.00)

_____ Building Fund (\$_____)

_____ Friends (\$_____)

PLEASE PRINT

Name _____

Street Address _____

City _____ **State** _____ **Zip Code** _____

Telephone Number _____